

# Ballet for Skaters

*Instructor: Jessica Farnsworth*

Saturdays 9am-10am

*Starting September 16th*

\$12 per class

Goals:

- 1) Enhance balance, posture, flexibility, presentation, and artistry
- 2) Learn how dance skills are translatable to the ice
- 3) Increase body awareness and strength

Class will be held in the NSSC clubroom. Please come with your hair pulled back and dressed in skating attire or dance attire. Ballet shoes are not required.

Please email Jessica Farnsworth at [jdfarnsw@gmail.com](mailto:jdfarnsw@gmail.com) to secure a spot in class. You pay ONLY for the weeks attended. Max 8 skaters.